

# KILIMANJARO

Kilimanjaro is a huge mountain. It has five different climate zones, ranging from rainforest to glacier and it generates it's own weather. Temperatures range from 10 - 20 degrees Celsius during the day to as low as negative 20 - 25 degrees at night.



## THINGS YOU NEED TO KNOW!!!

- ❑ Wear in your footwear to prevent blisters.
- ❑ Test your boots are waterproof by stepping in a 2 - 3 inch deep puddle/bucket and spraying your boots for 1 minute.
- ❑ Disposable bottles are prohibited. Possession incurs a US\$50/day fine.
- ❑ Water bladders and Camelbak's are more prone to freezing than Nalgene bottles.
- ❑ Polarised sunglasses are recommended to prevent photokeratitis (sunburnt eyes).
- ❑ Long sleeve, moisture wicking, dark clothing is best.
- ❑ There are no showers on Kilimanjaro but you will receive a small bucket of warm water each day.
- ❑ Batteries deplete rapidly in cold weather, bring spares and a power bank/solar panel.
- ❑ Temperatures drop to 0 degrees Celsius most nights and may reach - 25 degrees

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PACKING VIDEOS](#)

# PACKING LIST

**Pink items** (essentials) and **green items** (recommended) should be brought from home. Other items can be hired in Tanzania ([click for example pricing](#)). Click links for examples.

## HEAD WEAR

- ❑ Warm beanie
- ❑ Neck-warmer, scarf or buff
- ❑ Hat for sun protection
- ❑ [Head lamp with spare batteries](#)
- ❑ [Polarised sunglasses](#)

## BODY WEAR

- ❑ [1 - 2 thermal layers \(top and bottom\)](#)
- ❑ 2 warm fleece/jumpers (top and bottom)
- ❑ 1 ski jacket (or insulated jacket equivalent)
- ❑ 1 ski pants (or equivalent)
- ❑ 1 waterproof layer (top, bottom and bag) or large poncho that also covers your day bag

## FOOTWEAR

- ❑ [4 pairs of hiking socks](#)
- ❑ [1 pair of thick woolen socks](#)
- ❑ [1 pair of thermal trekking socks](#)
- ❑ Running / camp shoes / Crocs
- ❑ [Waterproof hiking boots](#)

## HAND WEAR

- ❑ [Glove liner](#)
- ❑ [Warm, water-proof ski gloves or mittens](#)

## BAGS

- ❑ 60 - 70L hiking/duffel pack (carried by a porter)
- ❑ [30 - 40L day pack](#) (carried by you)
- ❑ Lockage bag to store extra gear at the hotel

## GENERAL CLOTHING

- ❑ 3 - 4 shirts (one long sleeve)
- ❑ 2 [hiking pants](#) (tights/sports pants are ok but may be too cold after day 4)

## DRINKING

- ❑ [Re-usable water bottles or bladders](#) (3 - 4L in total with at least 2 bottles)

## OTHER

- ❑ Warm sleeping bag (4 season or -10 rating)
- ❑ [Sleeping bag liner](#) (AOL rent for AUD\$25)
- ❑ [Small, inflatable pillow](#)
- ❑ [Snacks - Muesli / energy bars, nuts, dried fruit, etc.](#) (ziploc bags recommended)
- ❑ [Sunscreen](#)
- ❑ [Voltarin/fisio cream](#)
- ❑ [Medication for travellers diarrhoea](#)
- ❑ Sanitary items (altitude may affect menstruation)

## OPTIONAL

- ❑ [Hanky](#)
- ❑ [Camera](#)
- ❑ [Ear plugs](#)
- ❑ Blister packs
- ❑ [iPhone with music/podcasts](#)
- ❑ [Portable battery to recharge](#)
- ❑ [Dry bags](#) to keep clothing dry
- ❑ Gaiters (if rain pants don't cover boots)
- ❑ [Chemical hand or toe warmers](#)
- ❑ Microfibre towel
- ❑ Walking poles
- ❑ [Diamox](#)
- ❑ Baby wipes

